

# KEEP YOUR HEART PUMPING FOR THOSE YOU LOVE: QUIT SMOKING TODAY

Written by Carley Thompson from Public Health -Seattle and King County Washington <https://publichealthinsider.com/2019/02/13/keep-your-heart-pumping-for-those-you-love-quit-smoking-today/>

Any amount of smoking, even occasional smoking, damages the heart and blood vessels. According to the [Centers for Disease Control and Prevention](#) smoking is a major cause of cardiovascular disease (CVD) (illnesses relating to the heart and blood vessels) and causes one of every three deaths from CVD. Give a gift to yourself (and those you love) and quit smoking to decrease your risk of heart disease. We can't think of a better way to celebrate Valentine's Day!

## What does smoking do to your heart?

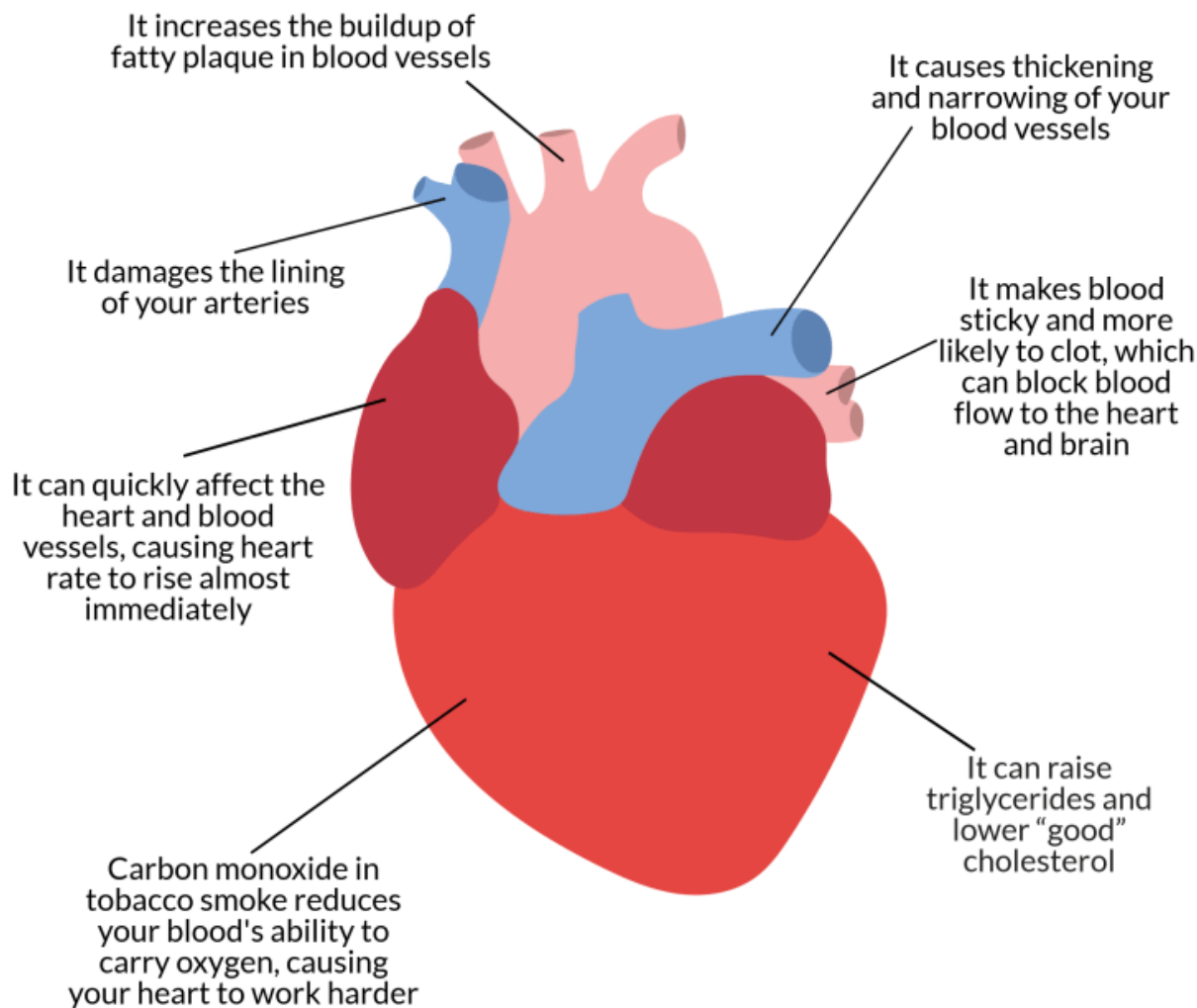


Image credit: Tobacco Breaks Hearts graphic by Make Smoking History.

Originally published February 14, 2019

